

IMPLANT AFTER CARE INSTRUCTIONS

1. **BLEEDING:** There is usually only a small amount of bleeding following implant procedures. Bite down with gentle pressure on the gauze pack(s) that has been placed over the surgical area(s), making sure it remains in place. Do not change the gauze for 1 hour unless the bleeding is not being controlled. If active bleeding persists after 1 hour, place a new gauze pack over the surgical site for another 30-60 minutes. The gauze may be changed as necessary. It is normal for the gauze to be pink or tinged with blood when you discard it. Do NOT spit, do NOT rinse and do NOT use a straw for the first 24 hours. Your saliva will be pink tinged for the next 2 to 3 days.
2. **ORAL HYGIENE:** Do not disturb the surgical area today. Do not rinse for 24 hours or probe the area with any objects or your fingers. You may brush your teeth gently but do NOT floss the surgical area for 2 weeks. DO NOT SMOKE for at least 72 hours, since it will delay healing. Cleanliness after surgery is very important for a rapid and uncomplicated recovery. Food left in the wounds retards healing and invites infection. After 24 hours rinsing with 1/4 teaspoon of salt dissolved in an 8 oz. glass of warm water will help keep the area clean. Repeat as often as you like, but at least two to three times daily for the next week.
3. **SWELLING:** To minimize swelling apply a cold pack or ice bag wrapped in a towel to face (20 minutes on -20 minutes off) for the first 12-24 hours. Stiffness of the jaws may accompany swelling.
4. **DISCOMFORT:** Unfortunately most oral surgery is accompanied by some degree of discomfort. You will usually have a prescription for pain medication, and if you take the first dose before the anesthetic has worn off, you will be able to manage any discomfort better. Effects of pain medicines vary widely among individuals. If you do not achieve adequate relief, you may supplement each pill with an analgesic such as acetaminophen or ibuprofen. Remember that the most severe discomfort is usually within the first six hours after the anesthetic wears off; after that your need for medicine should lessen. Nausea is not an uncommon event after surgery, and it is sometimes caused by stronger pain medicines. Nausea may be reduced by preceding each pill with a small amount of soft food, then taking the pill with a glass of water. Try to keep taking clear fluids and minimize the pain medication, but call us if you do not feel better or if vomiting is a problem. Cola drinks that have less carbonation may help with nausea.
5. **DIET:** You will be most comfortable with a diet consisting of soft and cold foods; however, you can eat anything that you are comfortable with. Begin by eating soft foods or liquids such as soup, scrambled eggs, jello, etc. Keep taking nourishment. A diet high in protein and complex carbohydrates is best. Try not to skip a single meal. If you are diabetic, maintain your normal eating habits as much as possible and follow instructions from us or your physician regarding your insulin schedule.
6. **DRIVING:** Do not drive or operate machinery for 24 hours after general or intravenous anesthesia or while taking pain medication.
7. **COMPLICATIONS:** If a problem develops, or you have any questions regarding your surgery, please do not hesitate to call the office.